

Wellness Activity and Points Chart

Wellness Activity	Description & Delivery	Wellness Points	Eligibility
Lifestyle Assessment Questionnaire	5-10 minute questionnaire completed	100	One time per year
Health Screening	Screening completed by ADPH or personal physician	50	One time per year
Face -to Face Health Coaching	Meeting with health coach	100	Max of 5 times per year
Tobacco Cessation Program	Enroll in 1-800-Quit Now Program	150 after 3 months smoke free	One time per year
Participate in and return completed log form for an iChoices wellness program	Any program with a 1 month or longer duration	150	Max of 6 times per year
Healthy Eating	Eat 5-9 fruit/vegetable servings daily	1 for each item consumed daily, even if fewer than 5 (max of 9 pts/d)	Max of 279 points per month
Lunch and Learn Program	Any educational program provided by iChoices	50 per session attended	Max of 12 sessions per year
Walking Club	Become a walking club member Participate in walking club activities	20 for joining + a pedometer 25 for activity participation (walking w/ group, meeting any goals set by walking group coordinator, etc.)	Points awarded one time/ year for joining Max of 12 activities/300 points per year
Physical Activity	Any activity that gets your heart pumping for at least 10 minutes (ex. brisk walking, running, dancing, swimming, cutting grass with push mower, etc.)	10 for each 10 minutes of activity 10 minutes = 10 pts	Max of 90 pts per day
Annual flu shot	Get flu shot annually	75	One time per year
Non-tobacco use pledge (for 6 months)	Self reported tobacco free for at least 6 months (for quitters and anyone who doesn't use tobacco)	50	2 times per year

